

## **DECLARATION BY RESEARCH SCHOLAR**

I, Mr. Atul Sinha, hereby declare that this study was conducted by me at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), deemed to be University, Bengaluru, under the Division of Yoga and Humanities, under the supervision of Prof. Sony Kumari, Dean of Academics, S-VYASA, Bengaluru.

I also declare that the content of the subject matter of my thesis entitled “EFFECT OF SHORT DURATION INTEGRATED YOGA MODULE ON PHYSICAL FITNESS, COGNITIVE PERFORMANCE, EMOTIONAL WELL-BEING AND PERSONALITY CHARACTERISTIC MEASURES OF SCHOOL CHILDREN: RANDOMIZED CONTROLLED TRIAL DESIGN” has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

Date: 21.04. 2022

Place: Bengaluru

Mr. Atul Sinha

(Research Scholar)